



Sjögren's Disease

**A Multidisciplinary Approach
to Diagnosis and Management**

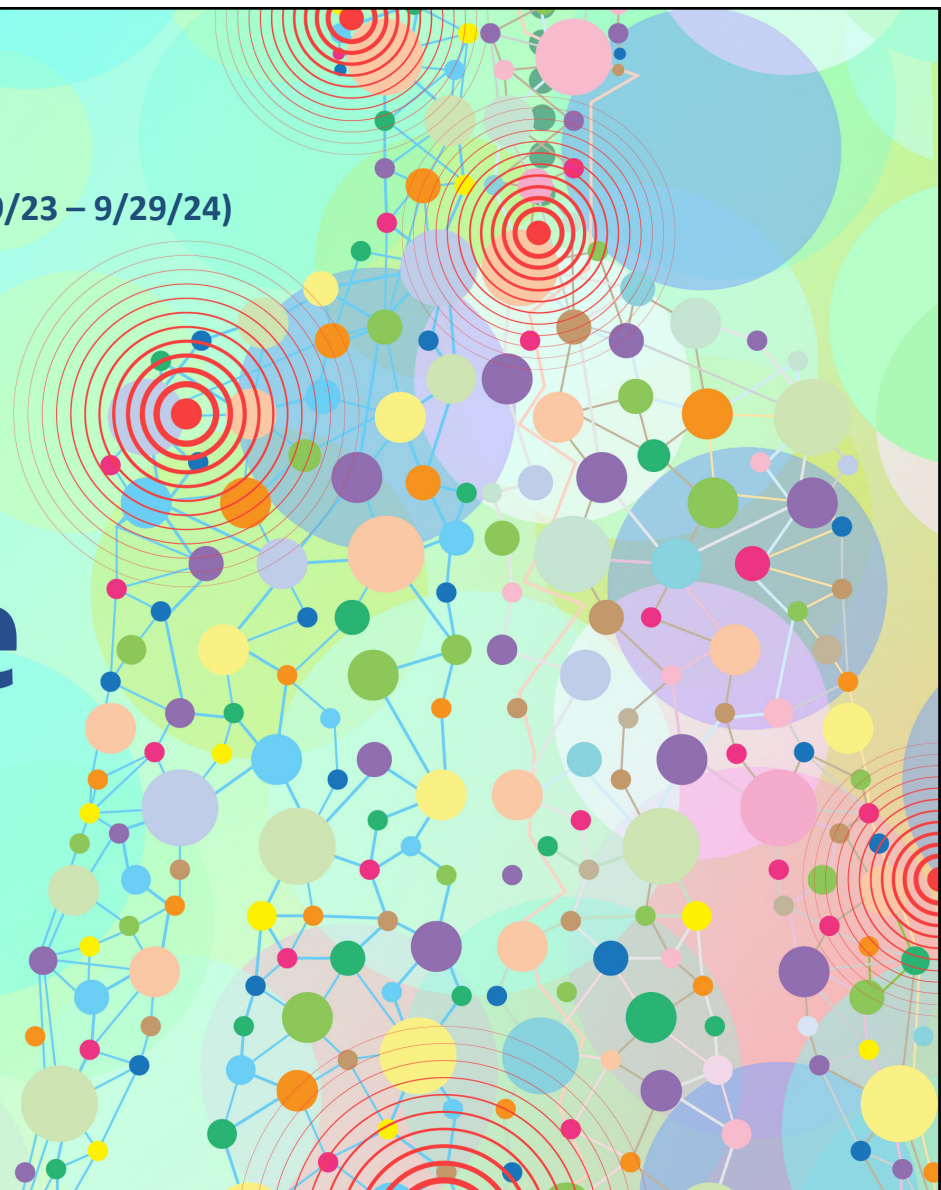


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Executive Summary

Final Outcomes Summary – Online Enduring Activity



Mehrnaz Maleki Fischbach, MD
Program Chair
Associate Professor
Department of Medicine
Division of Rheumatology
National Jewish Health
Denver, CO



Jinny Tavee, MD
Chief, Division of Neurology
Department of Medicine
National Jewish Health
Denver, CO



Zulma Yunt, MD
Associate Professor of Medicine
Clinic Director, Interstitial Lung
Disease Program
Department of Medicine
National Jewish Health

Program Overview

This 75-minute online activity was designed to engage specialty health care practitioners in rheumatology, pulmonology, and neurology in the topic of the complexity of Sjögren's disease, improving the knowledge, competency and performance of healthcare providers related to presentation, diagnosis, and current and emerging treatment options. In this activity, leading experts in rheumatology, pulmonology, and neurology discuss the pathophysiology of Sjögren's disease, patient evaluation and management, and the role of multidisciplinary teams in patient management. The activity was developed in collaboration with the Sjögren's Foundation and features a patient perspective video, a whiteboard animation to illustrate pathophysiology, and case discussions with interactive polling to illustrate evaluation and treatment of Sjögren's disease.

Learning Objectives

- Evaluate evidence-based strategies for diagnosis and assessment of patients with symptoms suggestive of Sjögren's disease
- Describe current views of Sjögren's disease pathogenesis as they relate to diagnosis, treatment, and biomarker development
- Integrate evidence-based recommendations for management of Sjögren's disease within the multidisciplinary care team
- Develop strategies to integrate patient perspectives into Sjögren's disease care plans

Target Audience & Accreditation

Target Audience: Rheumatologists, Pulmonologists, Neurologists, NPs, PAs, nurses and other health care providers who care for patients with Sjögren's disease.

National Jewish Health designates this enduring material for a maximum of 1.25 *AMA PRA Category 1 Credit™* and 1.25 nursing contact hours.

Enduring activity on Healio:

September 29, 2023 – September 30, 2024

Link:

<https://cme.healio.com/rheumatology/20230921/sjogrens-disease-a-multidisciplinary-approach-to-diagnosis-and-management/overview>

Program Features

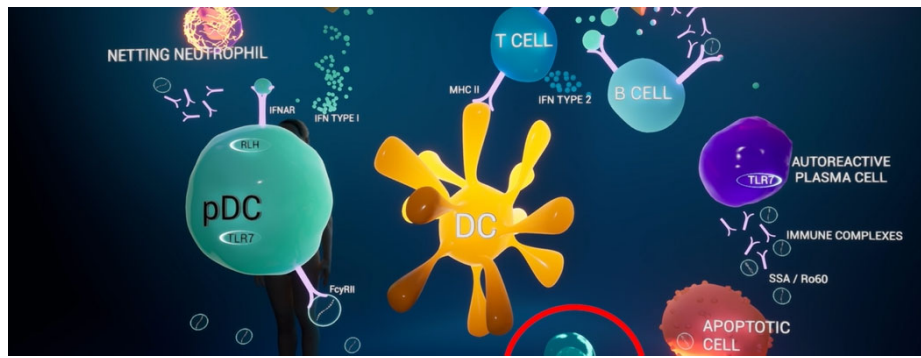
Final Outcomes Summary – Online Enduring Activity

86%

evaluation respondents reported the animation increased their understanding of the pathophysiology of Sjögren's disease

N=789

Whiteboard Animation



Patient Perspective Video



87%

evaluation respondents reported the patient video improved their understanding of patient needs, challenges, and barriers

N=789

90%

evaluation respondents reported the activity improved their knowledge of managing Sjögren's disease.

N=789

Patient Case Scenarios with Interactive Polling and Faculty Discussion

Patient case scenario #1

Patient: 45-year-old female

- Presents with burning and paresthesia in her feet
- Onset on waking 2 years prior
- Electric shock-like sensations radiating up the legs
- Progression to burning pain, tight stocking feeling up to knees
- Alternating diarrhea and constipation, dry eyes, sexual dysfunction
- Burning spread to face and trunk; symptoms migratory but something always present
- No history of DMII, ETOH abuse, preceding infections, vaccinations, travel



Audience Generation

Final Outcomes Summary – Online Enduring Activity

Personalized targeting tools across numerous tactics reach HCPs by leveraging demographic data (such as location, profession, specialty) and behavioral data (such as learner participation history, areas of interest).

Emails and
e-newsletters sent to specialty
lists, NJH database and Sjögren's
Foundation database



Promotion at live
conferences



Social media
ads and posts



Sjögren's Disease: A Multidisciplinary Approach to Diagnosis and Management
CME/CNE Expires 09/29/2024



Dedicated landing page
on NJH website

Online CME Programs

Unplugged: Addressing Mucus Plugging in Severe Asthma	Unplugged: Addressing Mucus Plugging in Severe Asthma CREDITS: .75 FEE: \$0 COURSE PREVIEW
Sjögren's Disease: A Multidisciplinary Approach to Diagnosis and Management	Sjögren's Disease: A Multidisciplinary Approach to Diagnosis and Management CREDITS: 1.25 FEE: \$0
ADHERENCE: A Key to SUCCESSFUL TREATMENT of Cystic Fibrosis	Adherence: A Key to Successful Treatment of Cystic Fibrosis CREDITS: 1.75 FEE: \$0 COURSE PREVIEW

Online Enduring Program

Final Outcomes Summary – Online Enduring Activity

<https://cme.healio.com/rheumatology/20230921/sjogrens-disease-a-multidisciplinary-approach-to-diagnosis-and-management/overview>

[Healio](#) > [CME](#) > [Rheumatology](#)

Overview

Poll

Pretest

Activity

Posttest

Evaluation

Claim Credit

Certificate

Sjögren's Disease: A Multidisciplinary Approach to Diagnosis and Management

This activity is supported by an independent educational grant from Novartis Pharmaceuticals.

1.25 CME	1.25 CNE	75 MINS	\$0 FEE	SAVE
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+ Add topic to email alerts

START ACTIVITY

Overview



Activity Release Date: September 29, 2023

Activity Expiration Date: September 29, 2024

Estimated Time to Complete Activity: 75 minutes

Provider Statement

This activity is provided by National Jewish Health, in collaboration with the Sjögren's Foundation.



Support Statement

This activity is supported by an independent educational grant from Novartis Pharmaceuticals.

Target Audience

Rheumatologists, pulmonologists, neurologists, nurse practitioners,

Healio
September 29, 2023 –
September 29, 2024



Overall Learner Outcomes Summary

Sjögren's Disease: A Multidisciplinary Approach to Diagnosis and Management (Grant ID: NGC47515)



Educational Overview

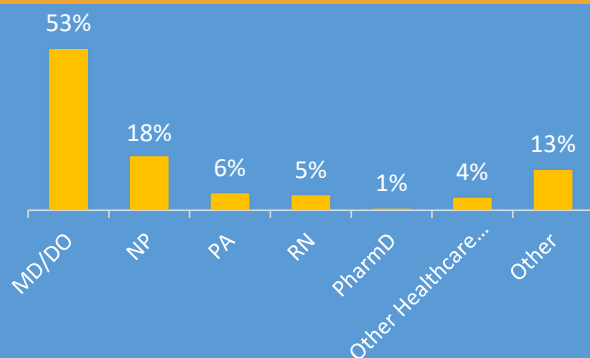
Provider/Accreditor: National Jewish Health

Activity format/dates: Online Enduring from September 29, 2023 – September 29, 2024

Target audience: Rheumatologists, pulmonologists, neurologists, nurse practitioners, physician associates, and nurses.

Program description: Leading experts in rheumatology, pulmonology, and neurology discuss the pathophysiology of Sjögren's disease, patient evaluation and management, and the role of multidisciplinary teams in the management of Sjögren's disease. The activity features 3 chapters with a patient perspective video, a whiteboard animation to illustrate pathophysiology, and case discussions with interactive polling to illustrate evaluation and treatment of Sjögren's disease.

2,043 Total Learners

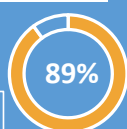


Satisfaction with Content



% reporting the content was relevant to practice

N=789

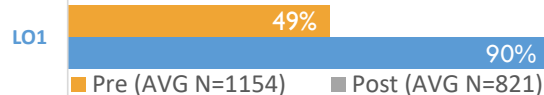


% reporting the learning objectives were achieved

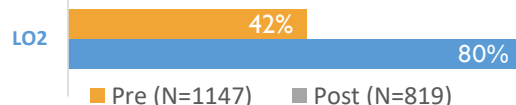
Knowledge and Competence Gains

66% Overall relative knowledge increase

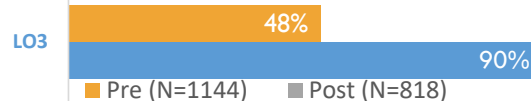
LO: Integrate evidence-based recommendations for management of Sjögren's disease within the multidisciplinary care team



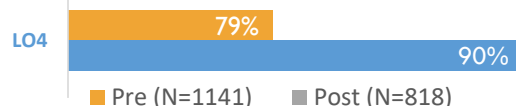
LO: Describe current views of Sjögren's disease pathogenesis as they relate to diagnosis, treatment, and biomarker development



LO: Evaluate evidence-based strategies for diagnosis and assessment of patients with symptoms suggestive of Sjögren's disease



LO: Develop strategies to integrate patient perspectives into Sjögren's disease care plans



Patient Impact



12,116 monthly patient visits with Sjögren's may be impacted

Practice Changes

95% of learners reported that they are likely to make a change in practice (N=648)

Specific changes include:

- Using EULAR criteria and not starting TNF- alpha medications unless indicated
- Order appropriate tests in the diagnosis of Sjögren's
- Implement comprehensive patient care, incorporating the mind and body criteria spoken of during this education
- Considering Sjögren's as differential in musculoskeletal and lung pathologies - usually those present in practice

Continuing Educational Needs

- Treatment and follow-up assessment
- Neuropathy treatment
- Further evaluation of pulmonary manifestation of Sjögren's disease
- New drug pathophysiology including new immunotherapy (biologics)
- Nutrition and cognitive impairment in Sjögren's disease
- Specific treatment recommendations for Sjögren's related ILD

Overall Physician Only Outcomes Summary

Sjögren's Disease: A Multidisciplinary Approach to Diagnosis and Management (Grant ID: NGC47515)



Educational Overview

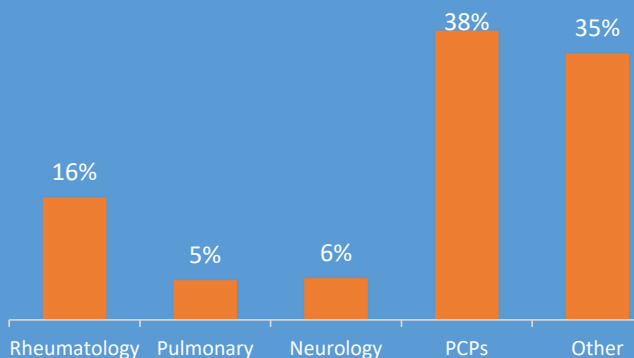
Provider/Accreditor: National Jewish Health

Activity format/dates: Online Enduring from September 29, 2023 – September 29, 2024

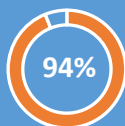
Target audience: Rheumatologists, pulmonologists, neurologists, nurse practitioners, physician associates, and nurses.

Program description: Leading experts in rheumatology, pulmonology, and neurology discuss the pathophysiology of Sjögren's disease, patient evaluation and management, and the role of multidisciplinary teams in the management of Sjögren's disease. The activity features 3 chapters with a patient perspective video, a whiteboard animation to illustrate pathophysiology, and case discussions with interactive polling to illustrate evaluation and treatment of Sjögren's disease.

1,077 Total Physician Learners

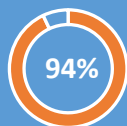


Satisfaction with Content



% reporting the content was relevant to practice

N=455

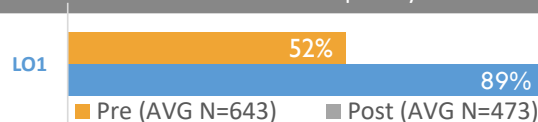


% reporting the learning objectives were achieved

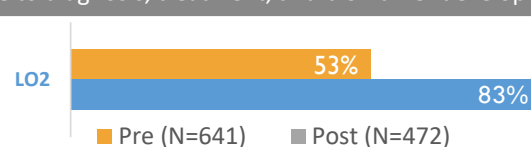
Knowledge and Competence Gains

48% Overall relative knowledge increase

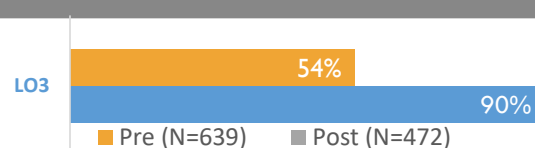
LO: Integrate evidence-based recommendations for management of Sjögren's disease within the multidisciplinary care team



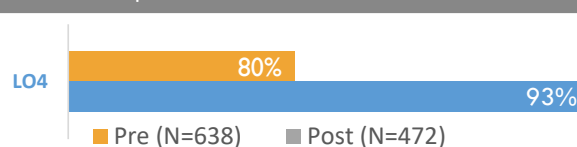
LO: Describe current views of Sjögren's disease pathogenesis as they relate to diagnosis, treatment, and biomarker development



LO: Evaluate evidence-based strategies for diagnosis and assessment of patients with symptoms suggestive of Sjögren's disease



LO: Develop strategies to integrate patient perspectives into Sjögren's disease care plans



Patient Impact



2,758 monthly patient visits for Sjögren's may be impacted

Practice Changes

95% of learners reported that they are likely to make a change in practice (N=384)

Specific changes include:

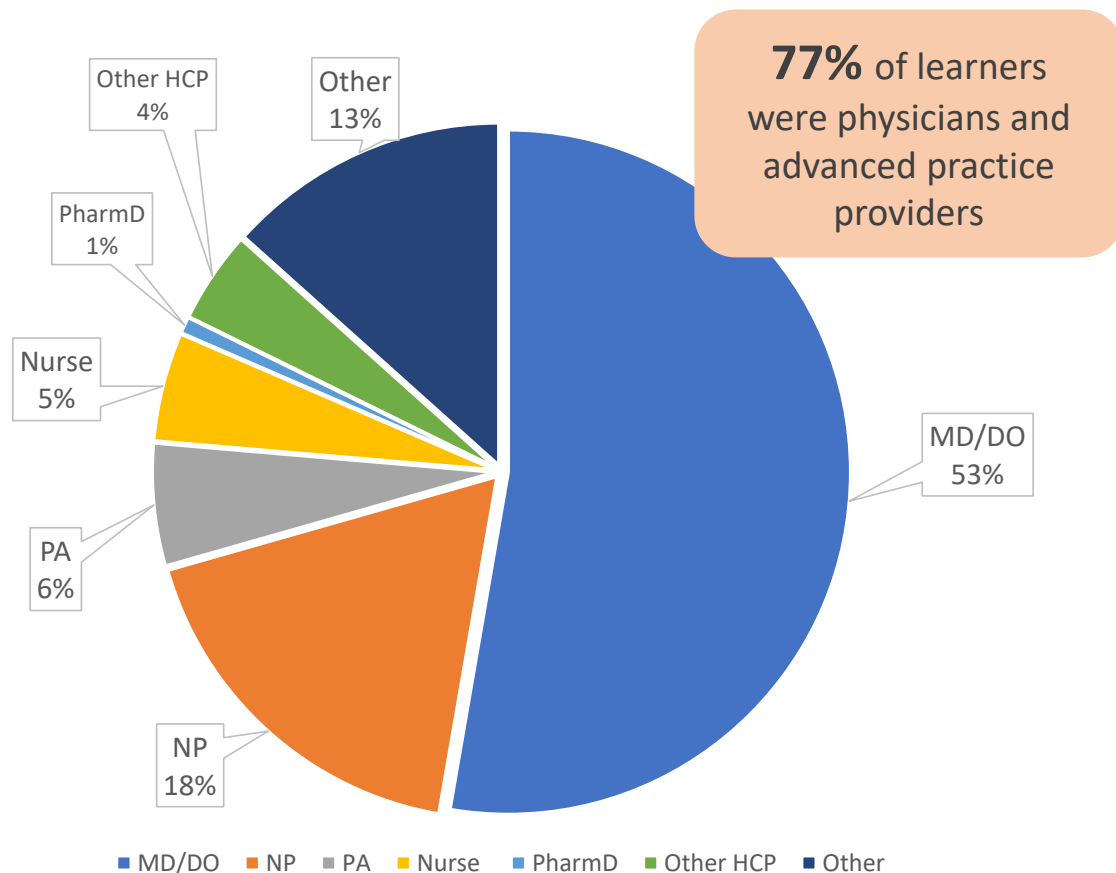
- Using updated treatment guidelines and sharing information with patients
- Earlier and more extensive workup
- Implement new therapeutic possibilities
- Stressing importance of need of a multidisciplinary approach to treatment
- Consider more aggressive testing for ILD and peripheral neuropathies
- Educate patients more about their disease process
- Watch for signs and complications of this disease
- Using EULAR criteria and not starting TNF- alpha medications unless indicated

Continuing Educational Needs

- Long-term results of novel treatments
- More on emerging treatments and mechanism of action
- How to perform the lip biopsy
- More on the process of ruling out other autoimmune diseases
- ILD determination
- Rheumatoid Arthritis
- New ophthalmological treatments

Level (1) Outcomes: Participation (Degree)

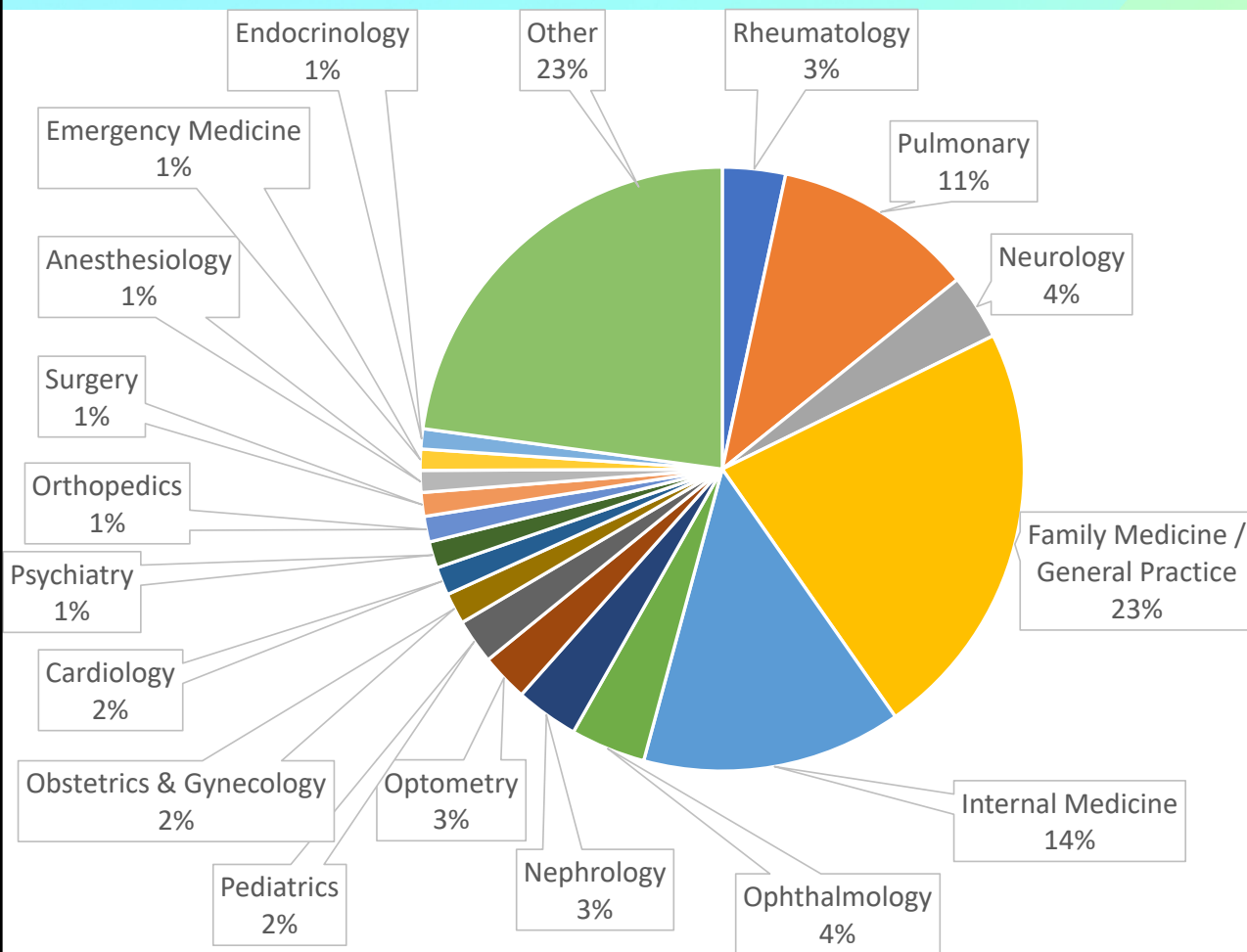
Final Outcomes Summary – Online Enduring Activity



Degree	Total
MD/DO	1077
NP	365
PA	118
Nurse	105
PharmD	16
Other Healthcare Provider	89
Other (Administrator, Industry, etc.)	273
Total Learners	2,043

Level (1) Outcomes: Participation (Specialty)

Final Outcomes Summary – Online Enduring Activity



Specialty	Total
Rheumatology	221
Pulmonology	69
Neurology	72
Family Medicine / General Practice	461
Internal Medicine	284
Ophthalmology	82
Nephrology	69
Optometry	52
Pediatrics	49
Obstetrics & Gynecology	34
Cardiology	31
Psychiatry	29
Orthopedics	28
Surgery	26
Anesthesiology	24
Emergency Medicine	23
Endocrinology	22
Other (Allergy/Immunology, Gastroenterology, Infectious Disease, Critical Care)	467
Total Learners	2,043

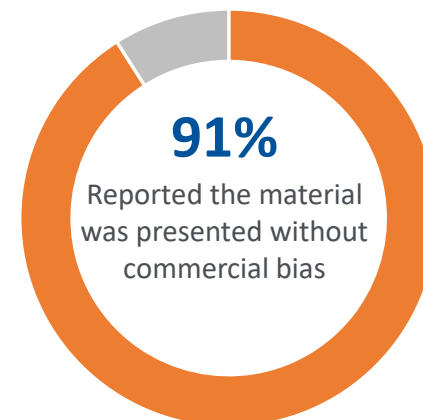
Level (2) Outcomes: Satisfaction

Final Outcomes Summary – Online Enduring Activity

Evaluation respondents “strongly agreed” or “agreed” the activity:



N=789

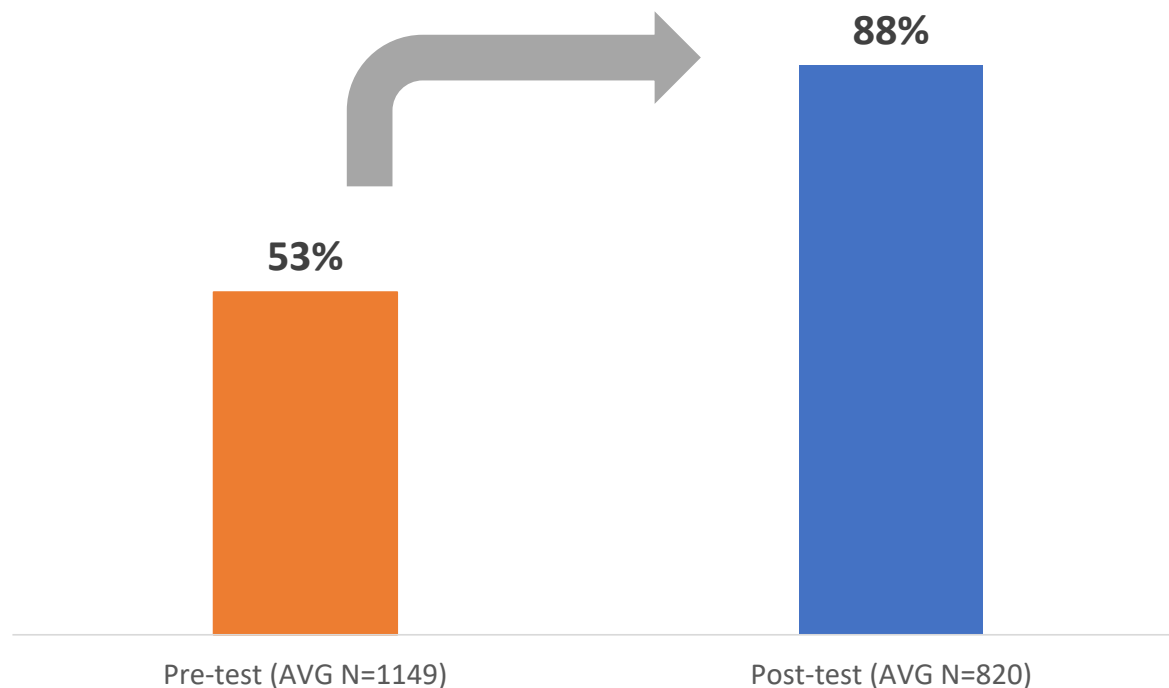


N=789

Level (3&4) Outcomes: Knowledge and Competence

Final Outcomes Summary – Online Enduring Activity

Overall Knowledge Gain across Learning Objectives



66% Overall Relative Knowledge Gain



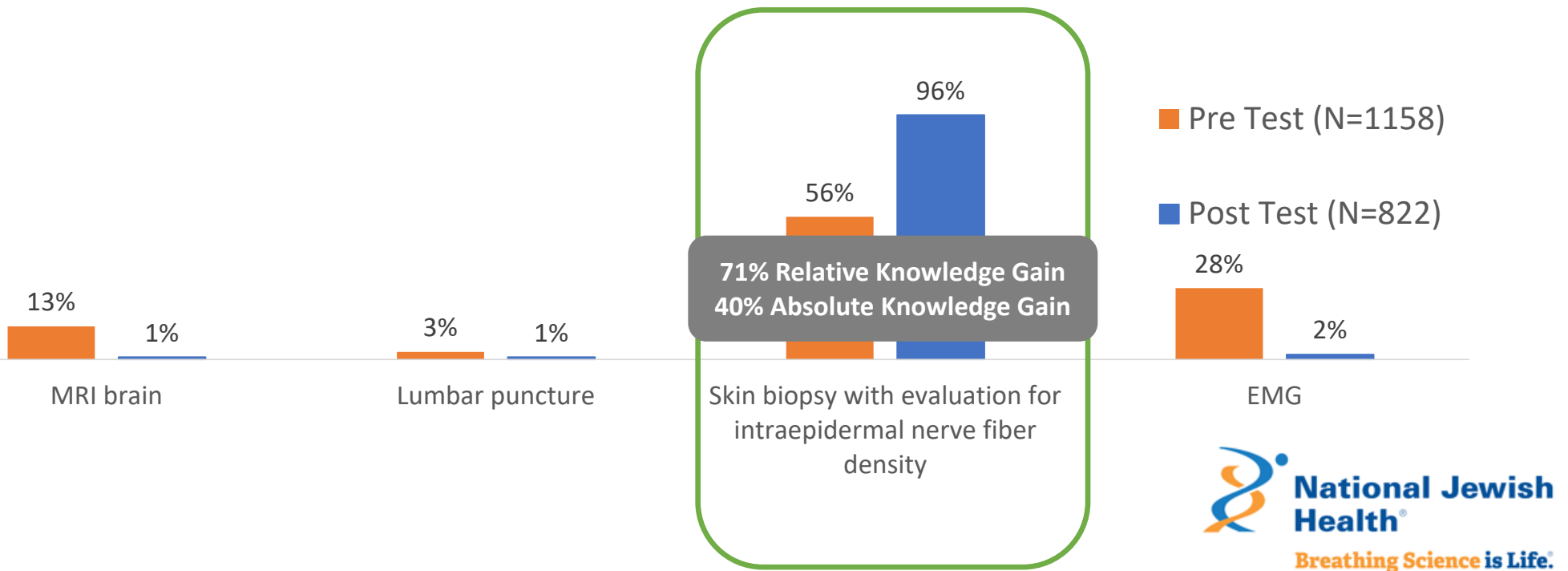
35% Overall Absolute Knowledge Gain

Level (3&4) Outcomes: Knowledge and Competence

Final Outcomes Summary – Online Enduring Activity

Learning Objective: *Integrate evidence-based recommendations for management of Sjögren's disease within the multidisciplinary care team*

Question 1: What test should be ordered to confirm the presence of small fiber neuropathy in patients with Sjögren's disease?

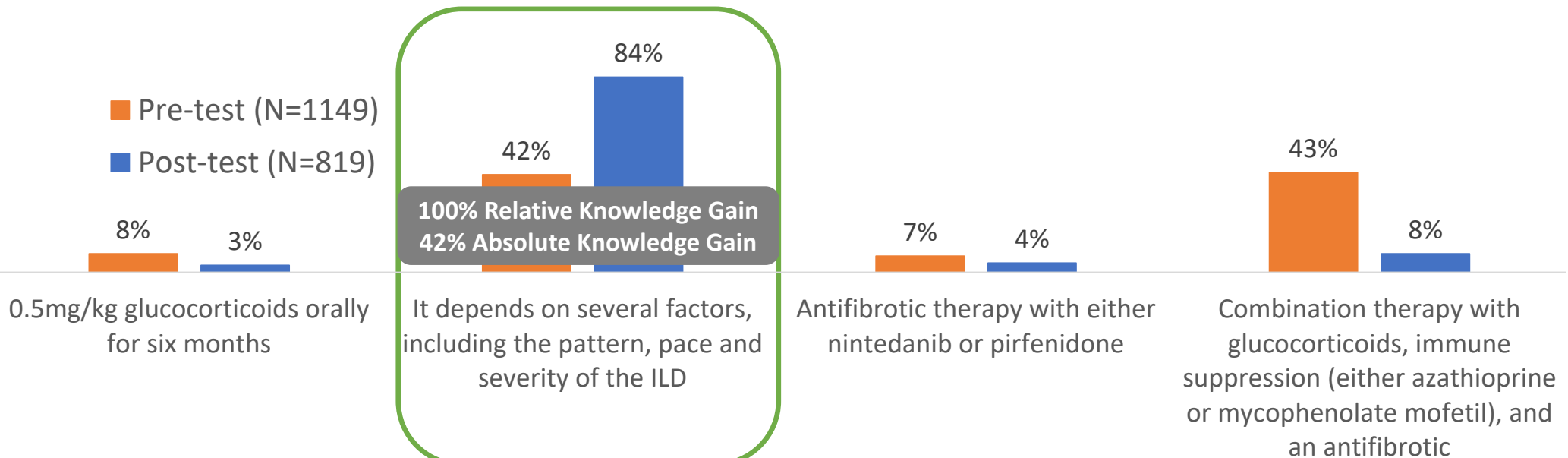


Level (3&4) Outcomes: Knowledge and Competence

Final Outcomes Summary – Online Enduring Activity

Learning Objective: *Integrate evidence-based recommendations for management of Sjögren's disease within the multidisciplinary care team.*

Question 2: The best treatment for Sjögren's disease-related ILD is:

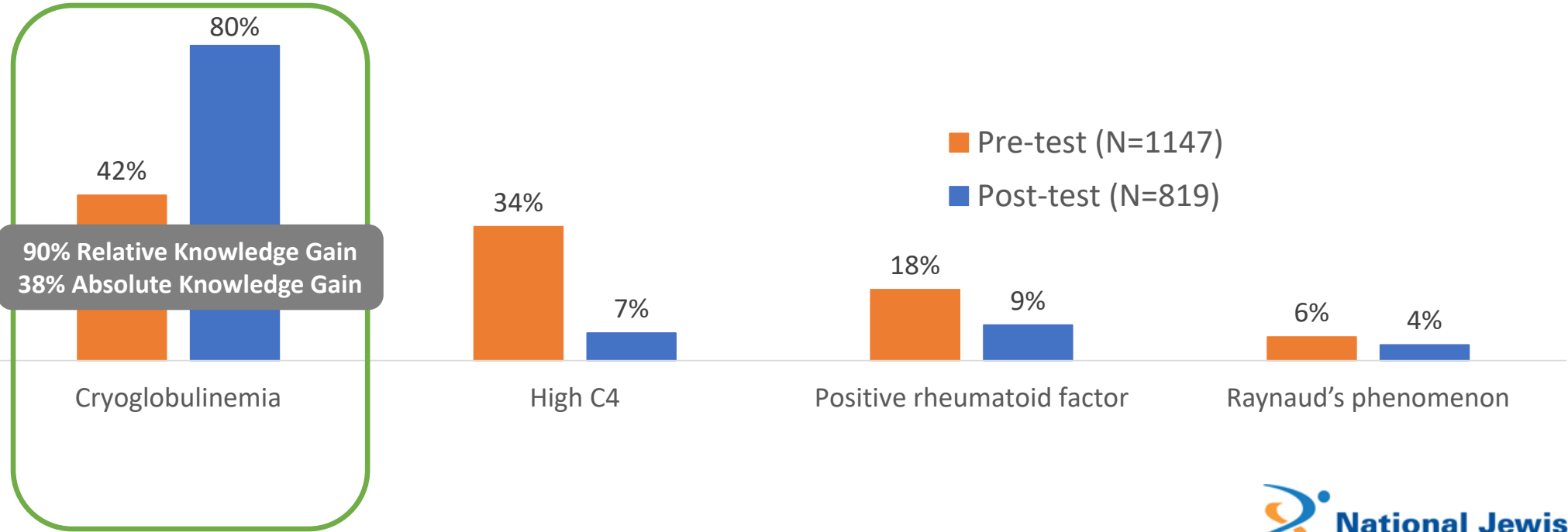


Level (3&4) Outcomes: Knowledge and Competence

Final Outcomes Summary – Online Enduring Activity

Learning Objective: Describe current views of Sjögren's disease pathogenesis as they relate to diagnosis, treatment, and biomarker development.

Question 3: Which of the following is a risk factor for transformation to lymphoma in patients with Sjögren's disease?

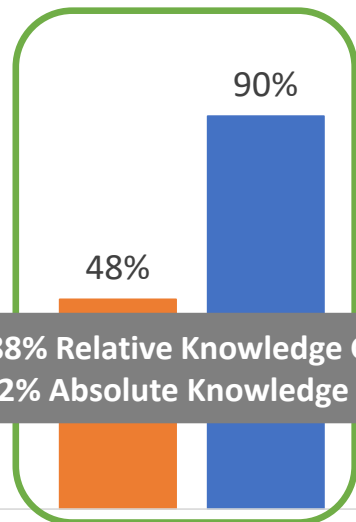


Level (3&4) Outcomes: Knowledge and Competence

Final Outcomes Summary – Online Enduring Activity

Learning Objective: Evaluate evidence-based strategies for diagnosis and assessment of patients with symptoms suggestive of Sjögren's Disease..

Question 4: Which of the following statements regarding Sjögren's disease is true?



88% Relative Knowledge Gain
42% Absolute Knowledge Gain

Pre-test (N=1144)

Post-test (N=818)

A score of at least 4 on the 2016 ACR-EULAR Classification Criteria is considered positive for Sjögren's disease.

Sjögren's disease usually presents in middle age and occurs in men and women equally

The prevalence of Sjögren's disease is approximately 10% that of rheumatoid arthritis

A salivary gland biopsy is necessary to make the diagnosis of Sjögren's disease

Level (3&4) Outcomes: Knowledge and Competence

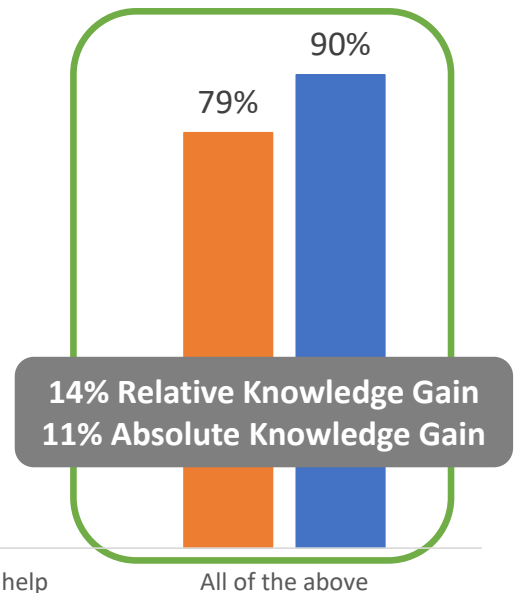
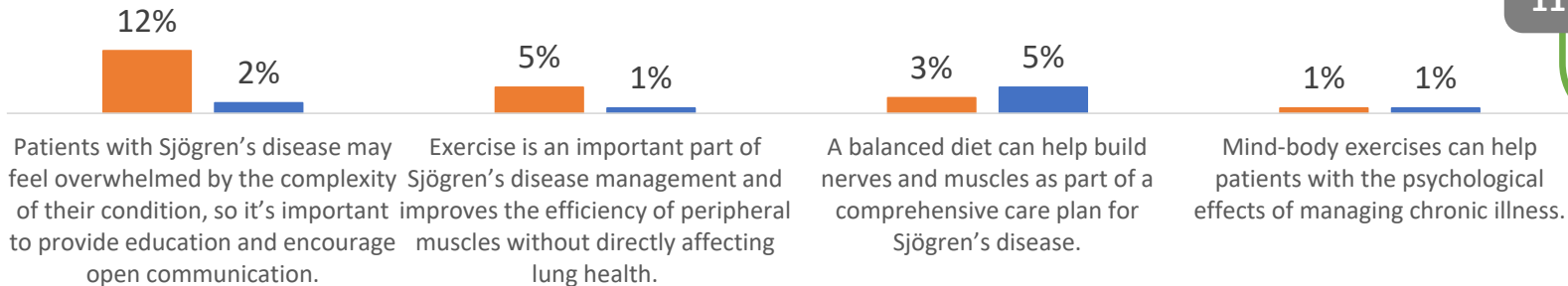
Final Outcomes Summary – Online Enduring Activity

Learning Objective: *Develop strategies to integrate patient perspectives into Sjögren's disease care plans*

Question 5: Which of the following reflects an effective statement for counseling patients with Sjögren's disease on comprehensive care plans?

■ Pre Test (N=1141)

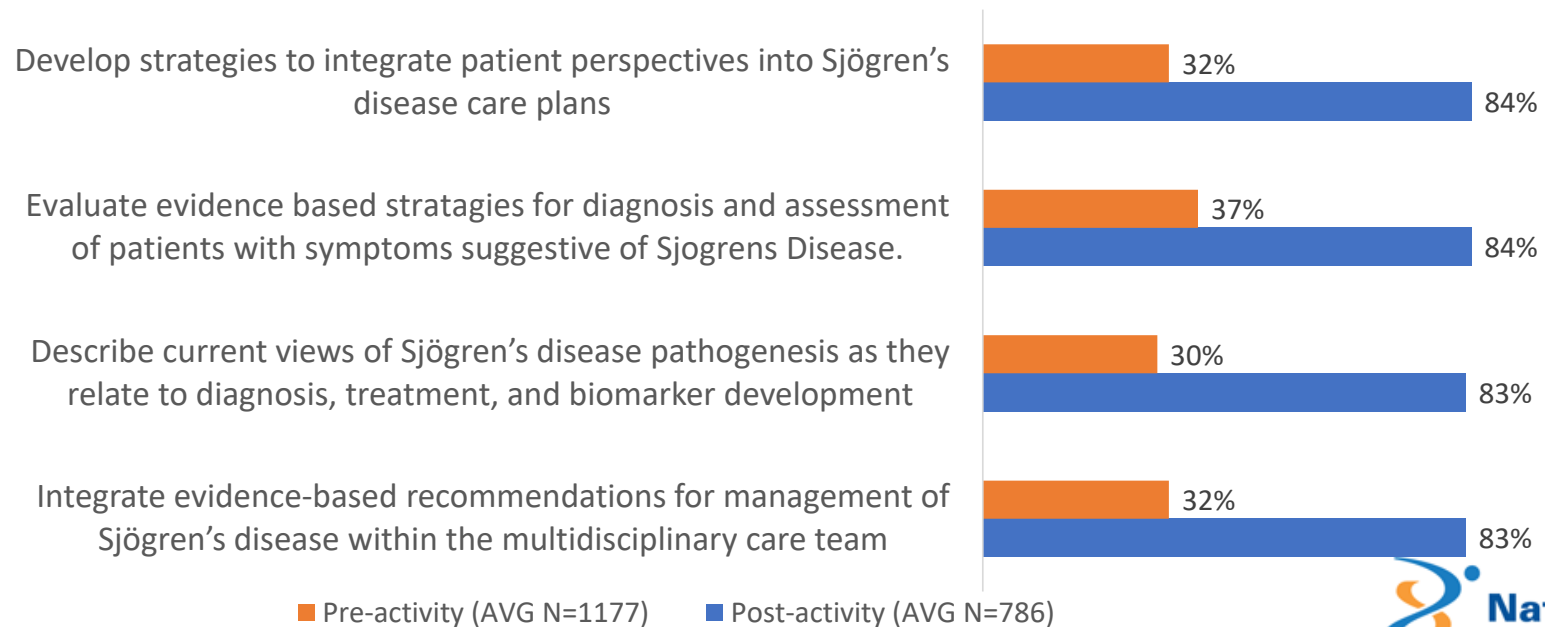
■ Post Test (N=818)



Level (4) Outcomes: Competence

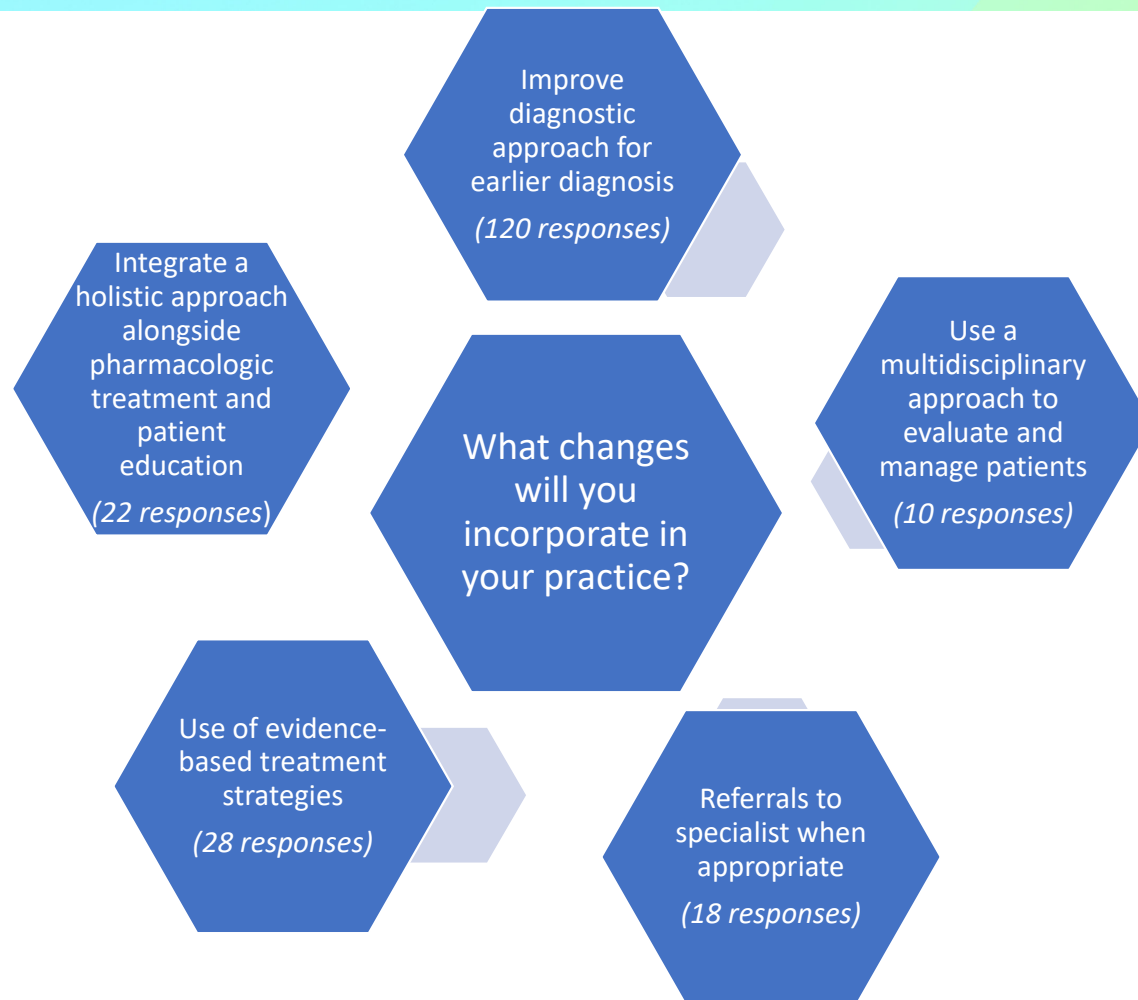
Final Outcomes Summary – Online Enduring Activity

Evaluation respondents reported their confidence as it relates to the learning objectives before and after the activity
(Very confident – confident)



Level (4) Outcomes: Competence

Final Outcomes Summary – Online Enduring Activity



N=198

95%

N=648

Evaluation respondents intend to make changes in practice as a result of the activity

Evaluation Survey Results

Final Outcomes Summary – Online Enduring Activity

Key Takeaways

- Recognizing all presenting symptoms
- Multidisciplinary team approach and better education of the patient along with evidence-based medicine is the key to success in bringing a change the life of Sjogren's disease.
- Need to keep up to date with the new treatment options; multidisciplinary approach early in the course.
- Difficulty of diagnosis and management.
- Incorporating pulmonologists and neurologists for Sjogren's patients.
- The neuro and respiratory components of this disease to consider.
- Evaluate for other autoimmune/connective tissue disorders to rule-out and treat appropriately.
- Better understanding of this disease including diagnosis and treatment.
- The importance of the skin biopsy and nerve density assessment in the diagnosis of the neurological complications.
- I will look at rheumatoid arthritis in peri-menopausal women a lot differently and advise follow up testing as listed in this program.

"Sjögren's was not even heard of when I started practicing over 45 years ago. I diagnosed a few patients with it in primary care and researched the disease when I was practicing. It's nice to see how far medicine has come with realizing the disease and treating it."

- Online Learner

"Sjögren's has a more far-reaching potential impact than previously thought. Recognizing and treating the condition is immensely vital to potentially prevent worsening symptomology in multiple body systems."

-Online Learner

Evaluation Survey Results

Final Outcomes Summary – Online Enduring Activity

What topics related to Sjögren's disease would you like to learn more about?

- Treatment and follow-up assessment
- Nutrition and cognitive impairment in Sjögren's disease
- Neuropathy treatment
- Further evaluation of pulmonary manifestation of Sjögren's disease
- Lupus-linked disease treatment
- Antiphospholipid syndrome
- Role of BAFF. Immunogenicity of salivary glands.
- New drug pathophysiology including new immunotherapy (biologics)
- Larger Sjögren's studies in different ethnic populations
- New ophthalmology treatments
- Specific treatment recommendations for Sjögren's related ILD
- Rheumatoid arthritis
- Management of Myalgia in Sjögren's disease
- More info as results of trials of new medications become available. Continued info on ancillary treatments that patients can do.

90%

N=781

Evaluation respondents indicated the activity addressed strategies for overcoming barriers to optimal patient care

Accreditation Information

Final Outcomes Summary – Online Enduring Activity

National Jewish Health is accredited with Commendation by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. The NJH Office of Professional Education produced and accredited this program and adhered to the updated ACCME guidelines.

National Jewish Health designates this enduring material for a maximum of 1.25 *AMA PRA Category 1 Credit*™.

Provider approved by the California Board of Registered Nursing, Provider Number 12724, for 1.25 contact hours.

